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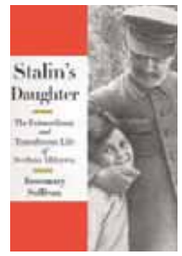

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COURTESY CHRISTIAN LEBLANC

More good news in fight against AIDS

HEALTH

In 2014, just one transmission from mother to baby in Canada

Matt Kieltyka
Metro | Vancouver

Canada has virtually eliminated the spread of HIV through mother-to-child transmission, according to findings presented at an international AIDS conference in Vancouver Wednesday.

According to the Canadian Perinatal HIV Surveillance Program (CPARG) — which has been tracking mother-to-child HIV transmission since 1990 — there was just a single case of the virus being passed down from mother to child in 2014, meeting the United Nations definition of eliminating the spread of the virus through childbirth (less than two per cent transmission rate).

The study, presented during the final day of the eighth International AIDS Society Conference of HIV Pathogenesis, Treatment and Prevention, also found that 97 per cent of expecting mothers with HIV had received antiretroviral therapy treatment during their pregnancy, which virtually eliminates the risk of transmission.

Globally, children under the age of 15 make up approximately 10 per cent of all HIV patients and the overwhelming majority of them contracted the virus at birth.

"We're doing very well in Canada right now," Dr. Jason Brophy, chair of CPARG, told Metro. "We've seen some real changes in trends over time and a big improvement in the quality of care."

Between 2008 and 2013, health-care providers had a difficult time reaching HIV infected foreign-born mothers and aboriginal women.

The new findings show that those two demographics are now being diagnosed and receiving timely treatment at levels on par with the rest of the population.

"That's one of the big success stories," said University of British Columbia's Joel Singer, one of the researchers who presented the findings. "All of these groups have caught up when it comes to accessing adequate treatment."

However, gaps still exist.

Both Brophy and Singer say more outreach needs to be done to reach at-risk women living on the street and using drugs and identifying women who aren't aware they have HIV.

"Even one transmission is too many," said Singer.

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Your essential daily news

Former News of the World editor Andy Coulson faces $234,000 US bill in phone hacking trial costs

Suicide prevention barrier eyed for Burrard Bridge

INFRASTRUCTURE

Fence solution added to renovations at last minute

Emily Jackson
Metro | Vancouver

Vancouver will spend an extra $5 million during the Burrard Bridge renovations to build a suicide prevention barrier on the crossing over False Creek.

Council approved boosting the price tag to $35 million on Wednesday. The city will move forward with structural upgrades to the 83-year-old bridge, safety improvements to the north intersection and the removal of a car lane to make way for pedestrians on the east side of the bridge.

The last-minute addition of a tall, metal fence to the project — suicide prevention methods weren't mentioned in any public meetings and materialized in the past two weeks — sparked controversy.

Heritage advocates described it as a "prison-bar solution" and wrote it will "diminish, if not destroy," the bridge's appearance. Some councillors noted it wouldn't stop people from going to another bridge.

A rendering of potential suicide prevention fencing on the Burrard Bridge. CONTRIBUTED

But planners stood by the barrier, though they promised the city hadn't settled on a final look. They included it after receiving input from Vancouver Coastal Health, the city's head of transportation Jerry Dobrovolny told council.

The BC Coroners Service has advocated for prevention barriers on Metro Vancouver bridges since 2008.

Police receive an average of 17 calls per year logged as potential suicide attempts from the Burrard Bridge and about one person dies annually by jumping, according to the city.

Only the Lions Gate Bridge and the Granville Bridge report more calls and fatalities.

These deaths typically aren't reported in the media.

Vancouver Coastal Health medical health officer Dr. John Carsley told councillors that research from around the world proves that barriers prevent deaths.

"Bridge barriers do work.... These deaths are in general not substituted by other means of suicide. It's an impulsive, desperate act," he said.

"It's a significant capital cost, there's no doubt ... but there's ongoing savings every single year of another life, another three lives are saved."

The city landed on a fence as the best barrier with fewer ongoing operating costs than a net, which can collect garbage and wildlife, Dobrovolny said, but it's willing to keep looking for a better solution.

Council ultimately approved the entire renovation package despite opposition from Non-Partisan Association councillors who said it was too expensive, drivers upset about the loss of another lane and nearby business owners who said the loss of parking could bankrupt them.

Their concerns got less airtime after the surprise addition of the suicide prevention barriers, but staff promised to meet with them to address concerns before hammering out the final design details in August.

Help is always available for anyone in crisis or distress. If you or someone you know needs help, call 604-872-3311 in Vancouver or 1-800-SUICIDE anywhere in B.C.

IN BRIEF

Troubling amount of child porn being shared: Study

A new study has revealed a disturbing amount of child pornography is being distributed online in British Columbia.

A Statistics Canada crime report released Wednesday shows more than 1,200 individual cases of sexual-abuse images were exchanged over the Internet over a six-month period last year.

The police unit that investigates child exploitation in B.C. says this project was the first of its kind in the province and establishes a baseline.

THE CANADIAN PRESS

Liberals can't yet march in Pride Parade: Pride society

The B.C. Liberals have not yet signed the Trans Equality Now pledge that the Vancouver Pride Society is demanding people sign before being allowed to march in the annual parade, the society said a statement released on Wednesday.

The society announced that the province's governing political party had yet to sign the pledge, which aims to draw attention to the marginalization of trans and gender-variant people despite gains for gay and lesbian people.

Only a member of a political party's board of directors or governing body can sign the pledge on behalf of a party, not the head of a riding association or electoral district, according to the statement.

EMILY JACKSON/METRO

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No smoking at Lights fest

FIREWORKS DISPLAY

Zero-tolerance policy in place to reduce high risk of fires

Matt Kieltyka
Metro | Vancouver

With fire season in full effect, firefighters and bylaw officers will be out in force during this year's Celebration of Light fireworks festival.

Vancouver Fire and Rescue Services spokesperson Capt. Jonathan Gormick said no-smoking bylaws will be heavily enforced this year at the festival, which begins Saturday night with China's Team Lidu lighting up the skies over English Bay.

"It's all hands on deck," said Gormick, who said fire prevention officers will be patrolling the crowds on either side of the bay while quick response teams and strategically placed equipment are deployed nearby if needed.

While staffing isn't different than previous years, Gormick said there will be an increased emphasis on making sure no-smoking bylaws at public parks are enforced.

He said there has been a marked decline in the amount of brush fires the department has responded to in the four weeks since enforcement and patrols were ramped up throughout the city.

Vancouver-West End MLA Spencer Chandra Herbert wrote to the Vancouver Park Board this week, asking it to take up a "zero-tolerance policy for infractions" of the smoking bylaws while other municipalities, such as Delta, have closed city parks as the risk of fires remains high.

Park board chair John Coupar confirmed Wednesday the zero-tolerance policy is already in place.

"We've been on this for some time," said Coupar.

"Most of the people visiting [for fireworks] are generally viewing at the beach areas, but we're going to have a zero-tolerance policy in effect. We're encouraging people to be responsible and we need the public's help."

According to the park board, there have been 21 $250 fines issued by rangers so far this year for smoking in city parks, while 28 warnings have been handed out.

The Honda Celebration of Light, now in its 25th year, draws hundreds of thousands of people to Vancouver's beaches each year.

The three-night festival runs July 25, 29 and Aug. 1, with fireworks at 10 p.m. rain or shine.

Fireworks explode over English Bay at last year's Celebration of Light. JENNIFER GAUTHIER/METRO FILE

> **We're going to have a zero-tolerance policy.**
> John Coupar, Vancouver Park Board chair

IN BRIEF

Nude selfies lead to arrest

Nanaimo RCMP say a 29-year-old man was arrested July 15 for allegedly taking nude photos of himself and then leaving his cellphone in public places for women to find.

Police say the man will face three counts of indecent exposure in relation to the alleged nude photos on his phone, and a fourth count for reportedly sending a naked picture of himself to a local moms' Internet group.

MATT KIELTYKA/METRO

Doctor's text was no joke

A B.C. doctor who texted an unauthorized photo of a patient's catheter site along with a joke to somebody not involved in the case has been fined $20,000.

B.C.'s College of Physicians and Surgeons said in a news release that Dr. John Joseph Kinahan, a Victoria urologist, admitted to the misconduct. The college said the patient was unconscious when Kinahan took the photo with his personal cellphone. THE CANADIAN PRESS

City toughens penalties for single-room landlords

COUNCIL

Bylaw will make it harder to evict tenants for renovations

Emily Jackson
Metro | Vancouver

The City of Vancouver hardened the penalties for landlords who use renovations as an excuse to evict tenants from single-room accommodations, many of which are a last resort before homelessness.

Council approved changes on Wednesday to the single-room accommodation bylaw to increase the fee to $125,000 from $15,000 for a permit to convert a room outside of the SRA bylaw and clarified that "conversion" means any repair that forces a tenant to relocate.

The intent of the bylaw is to stop landlords from doing minor repairs to rooms — many of which are dilapidated, pest-infested and badly in need of major TLC — in order to increase the rents from the $375 welfare rate to prices low-income tenants can't afford, with the goal of attracting students or service industry workers instead.

This loss of single-room occupancy hotels is contributing to homelessness, according to city staff.

Coun. Kerry Jang called it a "gutsy" move that balances private property rights and the need to maintain housing in the Downtown Eastside where many of these hotels are located.

"It also says to the bad landlords, 'Look out, we're coming to get you,'" he said. "If you're thinking about flipping those properties, think again, because it isn't really going to happen. We'll make it so bloody difficult for you."

The North Star, the brick building between the scaffolding at 5 West Hastings St. in the Downtown Eastside, is a single-room occupancy hotel being renovated to house 31 people. EMILY JACKSON/METRO

Just the threat of the bylaw already inspired one building to save eight social housing units because the owner couldn't afford the fee to convert the rooms, Jang said.

While the attempt to save SROs was met with tepid support from community activists, many speakers at council felt the bylaw didn't go far enough to protect the cheap rental stock.

> **If you're thinking about flipping those properties, think again, because it isn't really going to happen. We'll make it so bloody difficult for you.**
> Coun. Kerry Jang

"Thank you for finally admitting that SROs are being gentrified and it's contributing to homelessness," said Jean Swanson of the Carnegie Community Action Project. "My big fear is that homelessness is really on the upswing."

Swanson warned the city that landlords get rid of people before they start renovations, be it through payoffs of up to $2,000 or by threatening eviction for other factors, effectively bullying tenants to leave.

"We're afraid that your change to the definition of conversion won't stop evictions," she said.

Council instructed staff to report back annually on the status of SROs, to ask the province for more low-income housing and to push the feds for a national housing strategy.

CLIMATE CHANGE

Clark fears wildfires new norm

Relentless forest fires burning across British Columbia may be the new normal, Premier Christy Clark warned as she stood not far from a raging fire that threatened homes in her own riding.

Clark spoke near the Westside Road fire outside West Kelowna on Wednesday, where flames have forced emergency officials to issue evacuation orders to the residents of 70 homes.

It's one of 10 evacuation alerts or orders across the province, where more than 250 blazes are burning, 43 of which broke out on Tuesday following a series of lightning storms.

The premier said she is concerned that climate change has altered the terrain, drying out the land and making it more vulnerable to fire, and as a result what B.C. is seeing isn't unusual and will happen more often.

As of Wednesday, the province has spent more than $140 million battling the 1,300 wildfires that have broken out this season, and Clark said the province could spend another $300 to $400 million this year if the pace continues.

She doesn't think the fires will put the province into a deficit, because the government ran a surplus of $1.7 billion last year and is expected to run a surplus again this coming fiscal year, Clark said.

"I am mostly concerned ... that the forest fire season won't give us a break and that we're going to see more homes threatened, more people's livelihood threatened, more forest resources lost."

Clark said B.C. must continue to fight climate change, be better prepared for wildfires and have the necessary resources to fight them.

THE CANADIAN PRESS

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Follow me to Instagram fame

Vancouver couple have become social-media sensations for their Instagram travel photos that show the photographer being led by his girlfriend to exotic locations across Asia. **THANDI FLETCHER/METRO**

Elephant Jungle Sanctuary, Chiang Mai, Thailand. ALL PHOTOS COURTESY CHRISTIAN LEBLANC

Remember the "elphie"?

The Vancouver man who posted a now-viral selfie taken by an elephant has again found Internet fame — this time for his breathtaking "follow me to" photos that show the photographer being led by his girlfriend to exotic locations across Asia.

Christian LeBlanc and girlfriend Laura Reid, both 22 and from Vancouver, spent the past seven months travelling to 10 countries, including Thailand, the Philippines and Japan.

"It was amazing," LeBlanc told Metro on the phone from Ottawa, where the couple is staying at a cottage before returning to Vancouver next month. "It was the best experience of my life by a long shot. So many cool things we did along the way."

Armed with their passports, a GoPro camera and their backpacks — one full of bikinis, of course — the couple decided to document their travels in a unique way.

Inspired by well-known Instagram user Murad Osmann, who pioneered the "follow me to" photography style when he started snapping photos of his girlfriend leading him on their worldly travels, LeBlanc said he was taken by the technique.

The couple said they decided to try the photography style for practical reasons, and because they liked the way it looked.

"When you're backpacking around, you don't always feel glamorous," LeBlanc said. "The best part of the 'follow me to' is that I can take it from behind. It really shows off the scenery but it also adds to the personal touch, which I really liked."

LeBlanc posted his first "follow me to" photo in February and it quickly took off. Soon after, he took the "elphie," which was taken when an elephant at a Thailand sanctuary grabbed his GoPro mount and snapped a selfie. "The photos did really well," he said. "I just kept doing it and grew a fan base."

As his Instagram account has grown more popular, however, LeBlanc said he and Reid have faced some criticism.

"I've been getting a lot of hate because people are like, 'Oh, it must be nice to have daddy or rich parents,'" LeBlanc said. "I don't take it as an insult because I understand how the photos can come across that way."

The truth is, said LeBlanc, that he and his girlfriend managed to complete their seven-month journey on a budget of only $10,000 US by being careful with their cash.

"A lot of people don't realize how accessible travel is and they immediately tell themselves they can't accomplish such a thing," he said.

Others have criticized LeBlanc, claiming that he is benefiting from plagiarizing Osmann's photography style. But LeBlanc said he always tags the photographer on his photos to pay homage to the original.

LeBlanc said he has also communicated with Osmann online, which he said "goes to show he doesn't despise me for using his photo style."

Reid said she has faced negative comments about her body as she is often shown wearing bikinis. "Sometimes seeing the comments can make you feel a tad bit uncomfortable," she said. "But none of them affect me at all. I'm really glad we have these photos to document our travels in such a unique way."

LeBlanc, who studied accounting at UBC and will soon be starting work at Ernst & Young, said he hopes to continue travelling in the future — with Reid taking the lead.

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Apo Island, Philippines

Night Market, Vietnam

Mekong River, Laos

Kuta Bali, Indonesia

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BRITISH COLUMBIA EQA

Vacation memories rescued

PHOTOS

Lost camera returned to 'growing' Swiss family

Thandi Fletcher
Metro | Vancouver

A young Swiss family says they're thrilled to be getting their vacation photos back after losing their camera while vacationing on Vancouver Island last month.

Rolf Sidler and his wife Regina were portaging along a trail near Campbell Lake, B.C., in June with their two children, aged two and four, when they somehow lost the camera — and along with it all their precious vacation pictures.

"We're not sure how," Sidler told Metro.

"It was at the end of the trip so it probably fell out of the canoe."

He said the family didn't realize they'd lost the camera until after leaving the lake, when repeated checks of their luggage failed to turn it up. Disappointed, they returned to Klosters, Switzerland, without the camera.

"It was our last trip," he said, adding that he and Regina are expecting their third child in August. "We were mostly sad for the lost pictures. It was a really nice trip and we got lots of photos and camped on little islands. It was beautiful."

Unbeknownst to the family, someone had found their camera and turned it in to Nanaimo RCMP.

Rolf and Regina Sidler vacation with their children on Vancouver Island. They're expecting in August. METRO/COURTESY NANAIMO RCMP

> **Canadians are so great ... such honest people.**
> Rolf Sidler

Const. Gary O'Brien said the Nikon waterproof point-and-shoot camera was found, its memory card intact, near a canoe trail. The finders turned it in to police.

Mounties shared three photos — the family on a beach, a man in a canoe and a woman in a kayak — in hopes the camera's owner would come forward.

Among the people in the photos were Ted and Trish Dallas, who'd met the Sidlers and recognized themselves and their friends when the photos appeared on the evening news that night.

Trish called Nanaimo RCMP, and the camera is now being delivered to her.

A relative who is visiting B.C. for a wedding will be picking up the camera and bringing it back with them to Switzerland, said O'Brien.

O'Brien said he's pleased to have helped play a role in returning the vacation photos to the family.

"It's wonderful to know that you've done something to affect somebody," said O'Brien. "This is their last trip and now their family of four — soon to be five — can share that with the new person in their family."

Sidler said he is awestruck by the efforts of so many people to return the camera and the sentimental photos.

"It's amazing," he said. "Canadians are so great. They're such honest people."

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Bank of Canada Governor Stephen Poloz holds a news conference in Ottawa on July 15. The Bank of Canada's latest economic forecast puts the federal government on track to run a $1-billion deficit in 2015-16. ADRIAN WYLD/THE CANADIAN PRESS

Feds to run deficit: PBO

BANK OF CANADA

Projections cast doubt on promise to balance books

The Bank of Canada's latest economic forecast puts the federal government on track to run a $1-billion deficit in 2015-16, casting doubt on the governing Conservatives' promise to balance the election-year books, says a new analysis by the parliamentary budget office.

The results of the calculations, based on the downgraded projection released last week by the central bank, also trim the government's expected surpluses over the next two years.

The bleaker fiscal outlook, released Wednesday, surfaces as political parties are pitching economic policies to voters ahead of the October election.

In its April budget, the Harper government predicted a string of surpluses, starting with $1.4 billion for this election year. The government forecast surpluses of $1.7 billion in 2016-17 and $2.6 billion in 2017-18.

But the budget office projects the government producing a $1-billion shortfall in 2015-16 followed by smaller surpluses of $600 million and $2.2 billion over the next two years.

Their calculations used fresh projections by the Bank of Canada, which last week lowered its outlook for economic growth in 2015 to 1.1 per cent, down from 1.9 per cent earlier this year.

Canada's economy has been struggling, leading some to state it has slipped into recession. It contracted in the first quarter of the year at an annualized rate of 0.6 per cent — in large part due to the steep drop in oil prices and the failure of other sectors to pick up the slack.

The budget office factored in positive offsets that have appeared since the release of the spring budget: lower interest rates and higher gross domestic product inflation. Their projections also use up the government's $1-billion annual reserve.

The analysis was produced by the independent office following requests by NDP MP Nathan Cullen and Liberal MP Scott Brison. THE CANADIAN PRESS

IN BRIEF

Couple with 30 cats removed from home

Firefighters wearing special equipment have removed a man and a woman from their Quebec City home after finding about 30 cats in the residence.

They say excrement and urine stains were visible in the dwelling and that there was also a strong concentration of ammonia.

The residents, who are believed to be in their 50s, were taken to hospital on Tuesday to undergo health tests. THE CANADIAN PRESS

ASSISTED SUICIDE

Panel won't dictate legislation: MacKay

Panellists tasked with consulting Canadians on the highly controversial issue of doctor-assisted death won't dictate the government's response to the Supreme Court's ruling on the matter, Justice Minister Peter MacKay says.

The government has been accused of creating a biased panel since two of its three members are outspoken opponents of allowing Canadians to seek medical help to end their lives.

But MacKay, who is not seeking re-election, said Wednesday it's important to remember who holds the decision-making power.

"Ultimately, it is the executive branch of the country that will make these important decisions on legislation that I believe, and this is my view, are necessary to fill what is quite a gap now in our Criminal Code as a result of the Carter decision," MacKay said in Halifax.

MacKay said the panellists will consult with a "broad array of participants" before reporting back to the government in late fall. It has been asked to recommend options for how the government should respond to the Supreme Court's ruling last February, which struck down the prohibition on physician-assisted suicide.

Peter MacKay THE CANADIAN PRESS

"But let's not forget at the end of that process, whoever that justice minister and health minister may be ... those are just recommendations," MacKay said.

The British Columbia Civil Liberties Association has expressed concern that two of the three panelists were federal witnesses opposed to medical aid in dying when the case was before the top court. THE CANADIAN PRESS

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Officials defend video of black motorist's arrest

UNITED STATES

Driver later found dead in jail cell from alleged suicide

Authorities in the U.S. say a patrol car video showing the arrest of black motorist, who was later found dead in a jail cell, was not edited or manipulated.

The death of 28-year-old Sandra Bland, three days after she was arrested by a white law enforcement officer during a heated confrontation over a minor traffic infraction, is the latest case to cast national attention on the interactions between police and minorities in the United States.

Officials say Bland hanged herself with a plastic garbage bag in her jail cell, a contention her family and supporters dispute. The video doesn't reveal what happened while she was in custody, but it depicts an emotional exchange in which the officer tried to drag Bland from her car, drew his stun gun and threatened her. The case has resonated on social media, with posts questioning the official account of the events.

The video posted by the Texas Department of Public Safety Tuesday shows the trooper stopping Bland for failure to signal a lane change. The conversation turns hostile when the officer asks Bland to put out her cigarette and she asks why she can't smoke in her own car. The trooper then orders Bland to get out of the vehicle. When she refuses, the officer pulls what appears to be a weapon and says, "I will light you up."

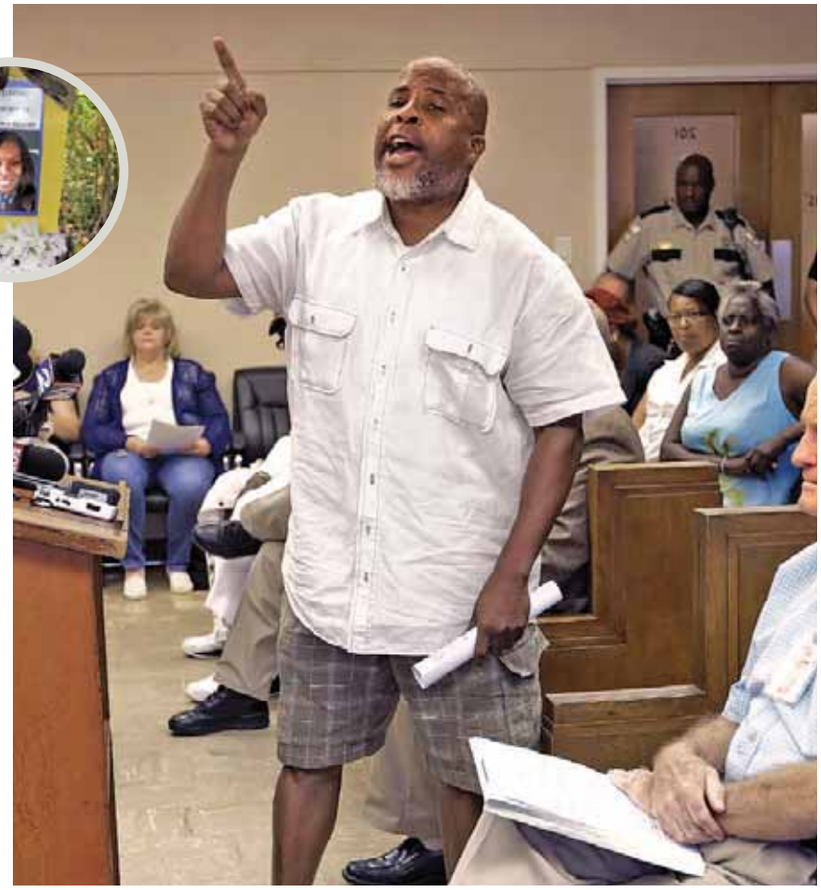
Out of the camera's view, Bland continues protesting her arrest, repeatedly using expletives and calling the officer a "pussy." At one point, she screams that he's about to break her wrists and complains that he knocked her head into the ground.

The video has drawn criticism for gaps and overlaps, but the Texas Department of Public Safety insisted Wednesday that it had not been doctored.

> **"I will light you up.**
> Brian Encinia, state trooper, to the now-deceased woman

DPS spokesman Tom Vinger said that glitches in the recording occurred when it was uploaded for public viewing.

In an affidavit released Tuesday, the trooper, Brian Encinia, said he used force "to subdue Bland to the ground," and she continued to fight back. He also said Bland swung her elbows at him and kicked him in his right shin. THE ASSOCIATED PRESS



DeWayne Charleston speaks at a Waller County Commissioners Court meeting about the jail cell death of Sandra Bland in Hempstead, Texas, on Wednesday. PAT SULLIVAN/THE ASSOCIATED PRESS

GLOBAL HEALTH

MERS quelled: S. Korea

MERS-CoV (Middle East respiratory syndrome coronavirus) has claimed the lives of 36 people worldwide while the South Korean government has told foreign diplomats the outbreak in the nation is effectively over.

The World Health Organization (WHO) reported the figure of 36 dead Wednesday, along with 186 people in the Republic of Korea and one person in China as having contracted the disease.

The South Korean government said no new MERS cases have been reported in more than two weeks and that it is now safe for travel.

The outbreak led thousands of tourists to cancel visits to South Korea, and Korean Air Lines Co Ltd. as well as Asiana Airlines Inc. whittled down their flight schedules.

The companies said Tuesday they will resume normal operations early next month.

MERS-CoV is a strain of coronavirus that causes a viral respiratory illness called MERS. The disease was first reported in Saudi Arabia in September 2012, WHO said.

The outbreak in South Korea has been the largest outside Saudi Arabia, the organization added.

MERS, along with a drought in South Korea, is expected to slow the country's economic growth in the second quarter, AFP reported Finance Minister Choi Kyung-Hwan as having said earlier this week.

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CURRENCIES

Loonie falls to 2004 low

The Canadian dollar dropped to levels Wednesday not seen in more than a decade as the price of oil and gold both came under pressure.

The loonie was down 0.53 of a cent to 76.70 cents US. That's the lowest level since Sept. 1, 2004.

The dollar has been on a downward slide since last summer, when the price of oil started to weaken.

Oil prices dropped below the $50 US mark in trading Wednesday, settling at $49.19 US, while gold lost $12 US to fall to $1,091.50 US an ounce.

Compounding the loonie weakness was a decision by the Bank of Canada to cut its key interest rate last week. The central bank's overnight rate target stands at 0.5 per cent.

THE CANADIAN PRESS

Greece gets more cash

ECONOMY

Extra liquidity means people can continue to access funds

Greece's liquidity-starved banks got a new cash injection from the European Central Bank on Wednesday, hours before a key vote in parliament on further economic reforms demanded by international creditors in return for a third bailout.

A European banking official told The Associated Press the ECB decided to increase emergency liquidity to Greek banks by 900 million euros ($980 million US) — the second such cash injection in just under a week.

Fearing a run by depositors flocking to take their savings out of Greek banks, the government imposed capital controls more than three weeks ago, restricting daily withdrawals to 60 euros ($65 US) per account holder. Extra ECB liquidity means that Greek banks will still be able to hand out cash.

Prime Minister Alexis Tsipras' radical left-led government is facing its second crunch test in parliament in a week. Failure to pass the economic measures could undermine his coalition and trigger fresh fears over the country's future in the shared euro currency.

Demonstrators stand in front of a banner reading No to Euro during an anti-austerity rally outside the Greek Parliament in Athens on Wednesday. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

The vote on changes to Greece's judicial and banking sectors is one of the requirements that European creditors have insisted upon in order for negotiations on a third bailout for Greece to begin.

After losing the support of a large chunk of his own party's lawmakers during a vote last week on a creditor-demanded austerity measures, Tsipras has to rely on support from pro-European opposition parties to pass measures.

Negotiations with creditors are expected to start soon after the vote.

THE ASSOCIATED PRESS

IN BRIEF

BlackBerry buying crisis alert messaging firm

BlackBerry Ltd. has signed a deal to buy California-based software company AtHoc, which develops emergency alert systems for government agencies, military bodies, and other organizations.

BlackBerry said the AtHoc platform will be integrated with its enterprise portfolio. AtHoc helps organizations and people to connect and share information in times of crisis. Its clients include the U.S. departments of defence and homeland security. THE ASSOCIATED PRESS

market minute

DOLLAR 76.70¢ (-0.53¢)

TSX 14,307.12 (-69.12)

OIL $49.19 US (-$1.67)

GOLD $1,091.50 US (-$12)

NATURAL GAS: $2.897 US (+1.5¢)
DOW JONES: 17,851.04 (-68.25)

FURNITURE

Ikea offers wall anchors after chests tip over killing two boys

The Malm 3-drawer dresser. COURTESY IKEA/THE ASSOCIATED PRESS

After Ikea chests tipped over and fatally injured two boys, safety regulators say consumers should stop using Ikea's dressers and chests for children unless the products are mounted to a wall.

The Swedish furniture giant is offering a free kit to help consumers do that.

The kit will be available to consumers who bought 27 million chests and dressers above specific heights, including seven million of Ikea's Malm chests.

Both the company and the U.S. Consumer Product Safety Commission say the furniture should be kept away from children unless it is anchored to a wall.

Ikea and the CPSC say two boys, both around two years old, were killed in 2014 after Malm chests that had not been secured to walls tipped over and fell on them.

The agency and Ikea say they have received 14 reports of Malm chests tipping over, resulting in four injuries. Ikea is aware of three other deaths reported from other models of chests and drawers that tipped over. Those deaths were described as happening since 1989.

They say consumers shouldn't use Ikea children's chests and drawers taller than 23 1/2 inches and adult chests and drawers taller than 29 1/2 inches unless they are securely anchored to the wall.

Ikea and the CPSC said a two-year-old boy in West Chester, Pennsylvania, was fatally pinned against his bed in February 2014 after a Malm 6-drawer chest fell on him, and a 23-month old boy from Snohomish, Washington, died after being trapped beneath a three-drawer Malm chest when it tipped over.

The Malm chests in the repair program have been sold since 2002, and they cost $80 US to $200 US.

Ikea says its products are safe when assembled according to instructions.

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metro VIEWS
Your essential daily news
Thursday, July 23, 2015

URBAN ETIQUETTE: ELLEN VANSTONE ON TIPPING

THE QUESTION

I'm from Australia and don't understand your tipping ways up here. In the interests of fitting in, what do I need to know about tipping in Canada?

Dear Ellen,

I'm from Australia and I don't understand your tipping ways up here. Maybe because our minimum wage Down Under is higher than it is here? Anyways, in the interests of fitting in, what do I need to know about tipping in Canada?

— Skippy

Dear Skippy-and-I-know-that's-not-your-real-name,

No doubt you have heard of the World Wide Web, where I have just learned that your native land's minimum wage is an ultra-civilized $17.29 per hour, and where you could just as easily find out that standard tipping practice in North America is 15 to 20 per cent for serving staff, taxi drivers (except Uber, which includes the tip in the price), hairdressers and the like. So you don't need me to tell you the amount you should leave.

However, since you seem to want some advice, and since I love giving it, why don't I lecture you on the custom of tipping and how to approach it with the proper attitude?

The first thing you need to know is that tipping is an arcane, wildly-open-to-abuse, anti-democratic custom. It's supposed to reward people who provide good service and punish people who do not.

But that cold plate of congealed pasta your server just inflicted on you may or may not have been said server's fault: Maybe the drunk bastard cook in the kitchen forgot about it for 20 minutes or the manipulative cow who "manages" the restaurant assigned too many servers to one section, and not enough to your section. Or maybe a selfish, irresponsible server called in sick for like the 10th time this month and your server is now working a double shift, even though she is exhausted and has an exam the next day...

Those few coins will make a difference to the person who relies on tips in a country where the minimum wage is universally disgraceful.

I'm speaking theoretically, of course, and am not referring in any way to the various subpar establishments at which I slaved during my student days.

The point is, workers should be paid properly and not expected to rely on the kindness of strangers.

That being said, and as long as the vile custom of tipping continues, and as long as you yourself are gainfully employed, I encourage you to tip generously.

There is nothing more cringe-making than the spectre of a fully grown, well paid adult sitting at a table in a nice restaurant, or hunched in the back of a cab, madly deducting the tax and working out a 15 per cent tip to the penny while the "servant" meekly awaits a dollop of largesse. Ugh, it's like being caught in a really boring time-warp episode of Downton Abbey. Just round up the amount to the nearest dollar! Or even the nearest multiple of five if you can afford it.

You will never miss the extra toonie or two, but those few coins actually will make a difference to a person who relies on tips in a country where the minimum wage is universally disgraceful (ranging from $10.20 in Saskatchewan to $12.50 in the Northwest Territories).

What's more, studies show that generosity makes you happier and healthier. It's a win-win, Skippy. Welcome to our stingy shores. And please do feel free to send me a cash tip for the excellent service I have just provided.

Need advice?
Email Ellen
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Howard's 'game' is narcissism, misogyny and delusion

Luke Howard, a self-styled pickup artist, stalks women in Ottawa's streets.

He calls himself a "Dr." and hypnotist who helps men with social anxiety talk to women in the daytime, without the aid of booze. He secretly records his attempts to get phone numbers on video.

In the wake of online backlash — via the hashtag #CorneredInOttawa, which women use to share stories about him on Twitter and Tumblr— Howard has taken the videos down and issued a limp mea culpa. He wrote, word for word, "I have started conversations with hundreds of women in public places and if as few felt uncomfortable then you are genuinely and truly sorry."

The media, as it must, has taken his man-hero routine somewhat seriously. And I'll grant that it's not wrong, on face, to help others improve their social skills.

But let's get this straight: Everything about Howard is wrong.

He's lied. He said 99.9 per cent of women like his advances. So far, 24 women have complained about the way he approached them on the street, say #CorneredInOttawa organizers. At least one has filed a police report. Layla, 33, didn't want to give her last name for fear she'd be trolled online.

"Giving a woman a compliment in the street is not harassment," Howard wrote. But Layla said Howard told her she looks like Tracy Chapman (she does not) and that he's "always had a thing for Tracy Chapman, I've always wanted to f—k Tracy Chapman" before he referenced jerking off.

Howard said he doesn't corner women, but Layla told me every time she took a step, he took a step. She felt trapped and afraid to get aggressive.

Howard is ineffective. Some women say they spoke nicely to him, hoping he'd go away. Layla made up a fake boyfriend. Some gave him their phone number so he'd leave them alone, and then never responded to calls or text messages.

He's making it harder for others to have non-creepy encounters. "He's the exact reason why women don't like being approached in the daytime, and might miss out on actually normal dudes," Layla told me. "My guard goes up just from a guy asking an innocuous question."

Finally, Howard said he's "always been about love and connection and bringing people closer together." But we all know picking up is just about sex, a highly unlikely outcome of his methods.

So, guys, do not take notes. Howard's "daygame" has no game, just narcissism, misogyny and delusion.

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PHILOSOPHER CAT
by Jason Logan

metro LIFE
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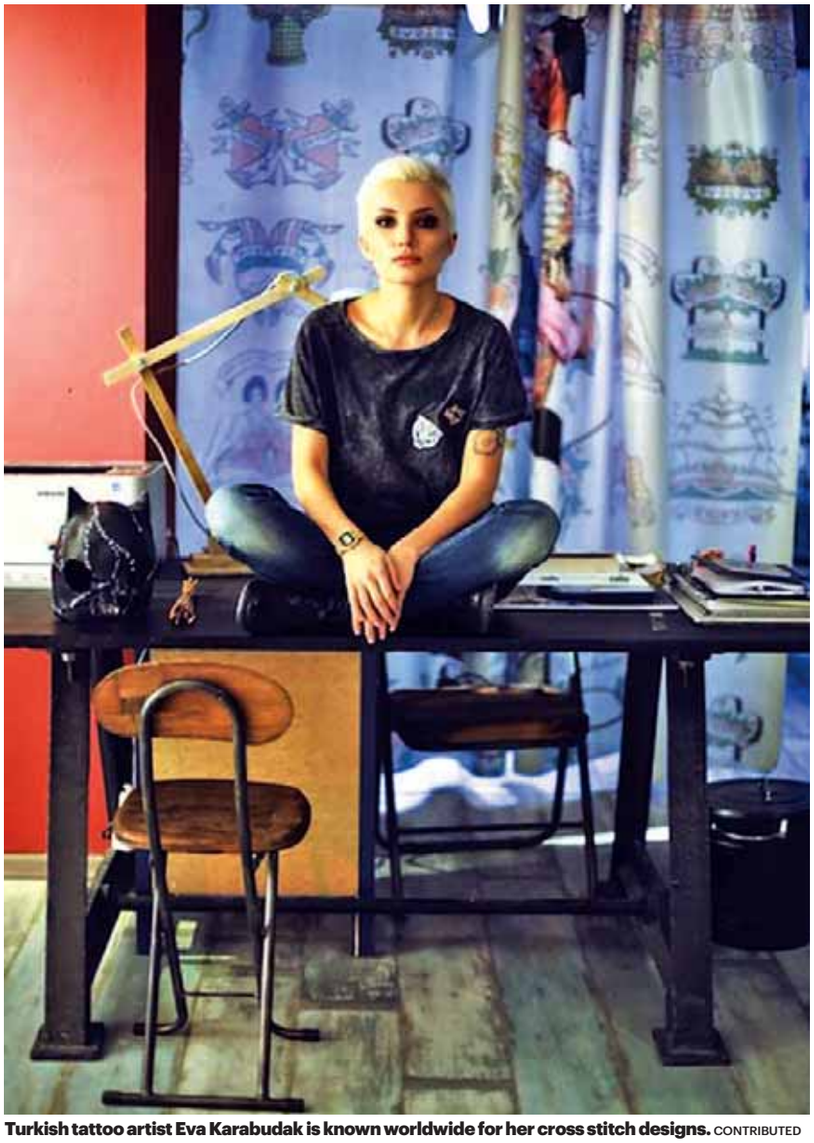
Those social media icons of expression, Emoji, are the star of an upcoming film



Turkish tattoo artist Eva Karabudak is known worldwide for her cross stitch designs. CONTRIBUTED

Stitchin' tattoos

EMBROIDERY ON SKIN

Even grandma would approve of these tats

Emily Laurence
Metro in New York

Maybe it's because of Etsy. Maybe it's because of those NSFW cross stitch pillows taking over Pinterest. Whatever the reason, cross stitch tattoos are having a moment.

Eva Karabudak is a Turkish tattoo artist who has become world famous for mastering the trend. "I used to do cross stitch on canvas and cloth at home and decided to do tattoos out of it," she tells us, adding that she first tried it out on friends and then got hooked on it.

"It's an anchor back to a lot of people's childhoods. That's why I believe it gets noticed," she says. But before you decide to get one, Karabudak says you have to do your research. "Not all images or ideas can be applied to a cross stitch design. It all starts with a thought, and that should be carefully studied before going into design."

Nicole May, 38, is a tattoo artist at Tiki Town Tattoos in Calgary and says she definitely has seen cross stitch tattoos becoming increasingly popular. "I see a lot of subversive cross stitch on Etsy and I feel like it is something a lot of young people are picking up as a hobby. Cross stitch tattoos have become popular along with the general trend of cross stitch," she says.

If you want to get a cross stitch tattoo, her biggest tip is to find an artist who actually cross stitches as a hobby. "They'll have a better understanding of design layout and execution," May says.

3 CROSS STITCH INKED WEARERS

"I own a cross stitch business called Hatch605. I manage a modern makers gift store, so I am around makers all day. When people see my tattoo, I typically get reactions from older generations because it evokes a nostalgic feeling. To me, it's a way to help keep traditional art alive."
Name: Ashley Rieck
Age: 31
Occupation: Manager of Unglued in South Dakota

"A fellow tattoo artist and I wanted to figure out how to do a cross stitch tattoo. We are both very crafty with crocheting and cross stitching, so it just made sense. It's challenging to tattoo and we wanted to experiment, so I let her try it out on me!"
Name: Crystal Balser
Age: 35
Occupation: Owner of MOD Tattoo in Ottawa, a completely vegan studio

"I love to cross stitch. I have a small home business where I custom cross stitch family portraits. On all the portraits I include a red heart that floats over the family. It's my signature. People find my tattoo very unique. The most reoccurring compliment I get is how much it suits me."
Name: Brittany Wiebe
Age: 28
Occupation: Homemaker/ cross stitcher

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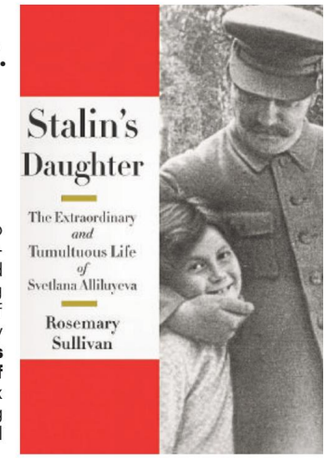
5 BIOGRAPHIES AND MEMOIRS TO READ THIS SUMMER

This fall promises to be rich in memoirs and biographies, with titles forthcoming from musicians Elvis Costello and Patti Smith, actress Drew Barrymore and Canadian sports figures Clara Hughes and Colleen Jones. But if waiting for the leaves to turn doesn't appeal, here are five new books out this summer to tide you over.

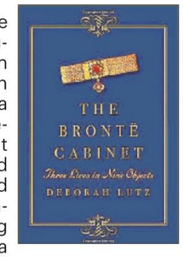
SUE CARTER/METRO



History

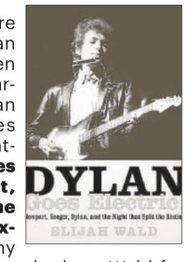
When it comes to research, no one can accuse Toronto author **Rosemary Sullivan** of being a slacker. The Governor General's Literary Award winner travelled around the world, interviewing personal contacts and studying government documents to create her in-depth portrait of Svetlana Alliluyeva (known later as Lana Peters), the only daughter of Russian dictator Joseph Stalin. In **Stalin's Daughter: The Extraordinary and Tumultuous Life of Svetlana Alliluyeva**, we learn that Alliluyeva's complex relationship with her father was just one of the driving forces behind a volatile life filled with political upheaval and troubled relationships.

Literature



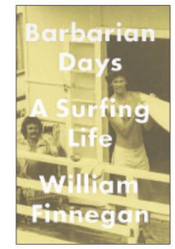
The Brontë sisters have inspired numerous biographies, but American writer and historian **Deborah Lutz** takes a unique approach by selecting nine artifacts out of hundreds left behind by Charlotte, Emily and Anne, including mourning jewelry containing snippets of hair and a brass dog collar. Given that Lutz has previously dedicated books to Victorian eroticism, gothic villains and relics of death in literature, **The Brontë Cabinet** is guaranteed to be a fascinating read.

Music



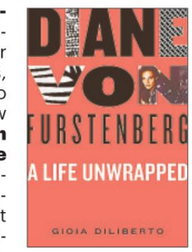
Is there anything more to say about Bob Dylan that hasn't been written in Rolling Stone? Guitarist and music historian **Elijah Wald** believes there is, having recently authored **Dylan Goes Electric!: Newport, Seeger, Dylan and the Night that Split the Sixties.** For his biography of the gravel-voiced troubadour, Wald focuses on the moment at the 1965 Newport Folk Festival when Dylan transformed from a political acoustic-folk hero into a bona fide rock star backed by an electric band.

Sports



New Yorker enthusiasts will appreciate **William Finnegan's** perspective on riding the waves. A 30-year contributor to the magazine, Finnegan has been surfing for even longer, since arriving in California from Hawaii at the age of 13 during the 1960s heyday of LSD-glazed beach-bum culture. Part international travelogue, part personal investigation into the nature of obsession, **Barbarian Days: A Surfing Life** will appeal even to those who prefer keeping their feet on dry land.

Fashion



Diane von Furstenberg's name is synonymous with her signature wrap dress, but as Gioia Diliberto describes in the new biography, **Diane von Furstenberg: A Life Unwrapped,** the jet-setting former princess is also a feminist icon and savvy entrepreneur who's weathered more than 40 years in a tough business (and a terrible reality show). Bonus: salacious details about von Furstenberg's affairs with Warren Beatty and Richard Gere.

ROMANCE

Jonas deflects dating rumours

IN HOLLYWOOD

Ned Ehrbar

Nick Jonas is getting pretty good at deflecting dating rumours — but then given his romantic history, that's not surprising.

The latest speculation hounding the former Disney star? That he's spending time with Selena Gomez. When pressed on the subject during an interview with London's Capital FM, Jonas sets the record straight: "We kind of ran into each other a couple of weeks ago, like walking in Venice," he says. "We were both with separate groups of friends and we ran into each other."

Seems innocent enough. Anything else, Nick? "I put a dinner together with a bunch of really great people, like the Haim girls, who I love. They're awesome. They're the best," Jonas says.

"It was a big group of people and we all had a great time. We connect in that sense. It was nice to connect and just catch up. I'll leave it there." Oh my God, guys. Nick Jonas is dating all of his friends at once!

metroGOSSIP MUST READ

Theron denies she's set to star in Fifty Shades sequel, Fifty Shades Darker. ALL PHOTOS GETTY IMAGES

Theron's red carpet domination

MOVIES

Rumours have Theron cracking the whip in a Fifty Shades sequel

So apparently there's been a pretty persistent rumour that Oscar-winner Charlize Theron is going to star in the Fifty Shades of Grey sequel, Fifty Shades Darker, as Christian Grey's former lover who first schooled him in the kinky arts.

Ridiculous? Well, Theron herself certainly seems to think so. "I hadn't heard that one. Wow, I'm just learning so much about myself on this carpet tonight," she told E! News at the Dark Places premiere this week.

Even if she were involved, she'd apparently be more interested in replacing Jamie Dornan, anyway. "I'm going to play the kinky guy with the room," she joked. "I need to stretch. I need to find something outside the box."

OK, fine, but speaking of sequels, how about a Mad Max: Fury Road followup?

"Nobody has come to tell me anything. I haven't been in town, so I don't know what's going on. There's a lot of talk about it. I don't know if it's real," she said. "Look, I would be honoured to be asked back, but I have no idea what's going to happen."

NED EHRBAR/FOR METRO

ROMANCE

Swank's love game

There's some joke in here about always fraternizing with the help. Oscar-winner Hilary Swank — who previously dated her talent agent — has reportedly now taken up with her "hunky" tennis coach, Ruben Torres.

"When he first asked her out, she was lukewarm, but after a couple of dates things just got hotter and hotter," a source tells Life & Style. "It's really hard for them to keep it a secret."

Not that they haven't been trying, mind you, as the source says that over the course of their three months together they've been "staying away from PDA and only holding hands under the table."

Well, so much for that.

NED EHRBAR/FOR METRO

LOVE AND SEXISM IN HOLLYWOOD

Thompson's sexism update

She may be an Oscar-winning screenwriter, but actress Emma Thompson is keeping her language simple — and salty — when it comes to Hollywood sexism.

"I am not impressed at all. I think it's still completely s—, actually," she tells the Radio Times. "When I was younger, I really did think we were on our way to a better world, and when I look at it now, it is in a worse state than I have known it — particularly for women — and I find that very disturbing and sad. I don't think there's any appreciable improvement and I think that, for women, the question of how they are supposed to look is worse than it was even when I was young." NED EHRBAR/FOR METRO

Shelton and Lambert make divorce Twitter-official

In these plugged-in modern times, how do you really know a celebrity couple's marriage is over? It's not the joint statement announcing a divorce.

No, it's how they interact with each other on social media. And if that's any indication, then Blake Shelton and Miranda Lambert are really, truly over. Lambert swapped out a red carpet photo of the pair on her Twitter profile in favour of one promoting her current tour, while Shelton replaced his background image — Lambert's Marie Clare cover — with one of him performing. There's no turning back now.

NED EHRBAR/FOR METRO

Miranda Lambert and Blake Shelton are really, truly done.

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metro HOME
Your essential daily news

Fully functional 3D-printed office building coming to Dubai

What they're a$king

New condos that aren't in pre-construction and are ready to move in are perfect for buyers who don't want to purchase from plans and wait three years for completion. Metro looks at two-bedroom suites in newer condominium buildings in central locations.

Duncan McAllister FOR METRO

$745,000

Ottawa

This bright, spacious suite at the Claridge Plaza condos is located near the Byward Market in the heart of downtown. The unit has a 750-sq.-ft., professionally landscaped terrace complete with gazebo and computerized watering system. Listing agent David Bournes says it's like a garden in the sky. The suite has plenty of windows and a spacious master retreat with private ensuite and balcony. Bournes is a sales representative with Royal LePage Team Realty, 613-725-1171.

$379,900

Edmonton

Here's a nice looking building by a reputable builder, in the Alta Vista condominiums. The foyer has a cozy sitting area with box ceiling features and stone and tile accents. The unit is finished with hardwood, tile and granite countertops. The U-shaped kitchen has stainless appliances, tiled back splash, and an extended breakfast bar. One bedroom has direct access to a patio, the other with a four-piece ensuite. Ryan P. Dutka is a sales representative with Re/Max River City. 780-988-0001.

$259,900

Halifax

This suite is for sale at The Tides of Bedford condominiums. While not right in Halifax, this two-bedroom, two-bathroom condo resides in the heart of Bedford. It has a bright, spacious floor plan with southern exposure and views of the Bedford Basin. The building offers underground parking, a fitness centre, sauna, outdoor pool, guest suite, library and a common room. Condo fees include heat, hot water, parking and storage. Listing agent is Ernie Buote with Domus Realty, 902-499-3041.

$224,900

Winnipeg

For sale is a three-year-old condo at a great price in the Crestview neighbourhood. The unit features in-suite laundry and a luxury kitchen with all the appliances included. There's also a low-maintenance yard and private balcony. Included are all blinds, washer, dryer, dishwasher, refrigerator, stove, and a parking pad. The building is located close to shopping, restaurants and bus service. Listing agent Chris Kenny is a sales representative with Re/Max Professionals, 204-318-6794.

$649,900

Toronto

This spacious suite in the Bohemian Embassy condos boasts 1,165 sq. ft. of space and a 100-sq.-ft. terrace with southern exposure. With transit at the doorstep, the building offers a roster of amenities including visitor parking, concierge service, a gym, media room, two party rooms, a rooftop barbecue area, arts and crafts room, bicycle storage and steam rooms. Appliances, parking and locker are all included. Listing agent Alex J. Wilson is with Re/Max Condos Plus, 416-996-5181.

OUR CITY

$539,000

Vancouver

This 715-sq.-ft. suite is ready to move in, at 1372 Seymour St., at The Mark condominiums, conveniently located near the Seawall and Yaletown's popular shopping, dining and entertainment options. The unit includes in-suite laundry and one parking space. The building is newly completed, featuring an open-concept living and dining area, engineered oak hardwood floors, granite countertops, stainless steel appliances and concierge service. Listing agent is Jimmy H. Cheung with Sutton Group West Coast Realty, 604-612-9230.

$628,800

Calgary

This northwest corner suite is located in the Arriva Towers in the historic Victoria Park community. The unit features an open floor plan with city skyline views, two balconies, two bathrooms, two parking stalls and a separate storage locker. The spacious kitchen has stainless Miele appliances and an open living and dining room. The building is close to shopping, restaurants and the river path system. Kelly P. Burke is a sales representative for Re/Max House of Real Estate, 403-287-3880.

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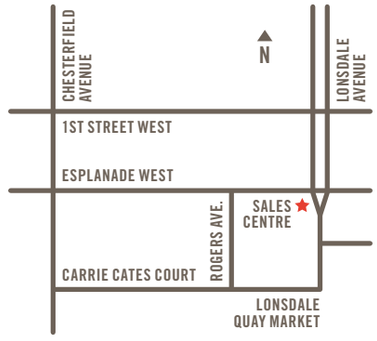

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Karl Lohnes

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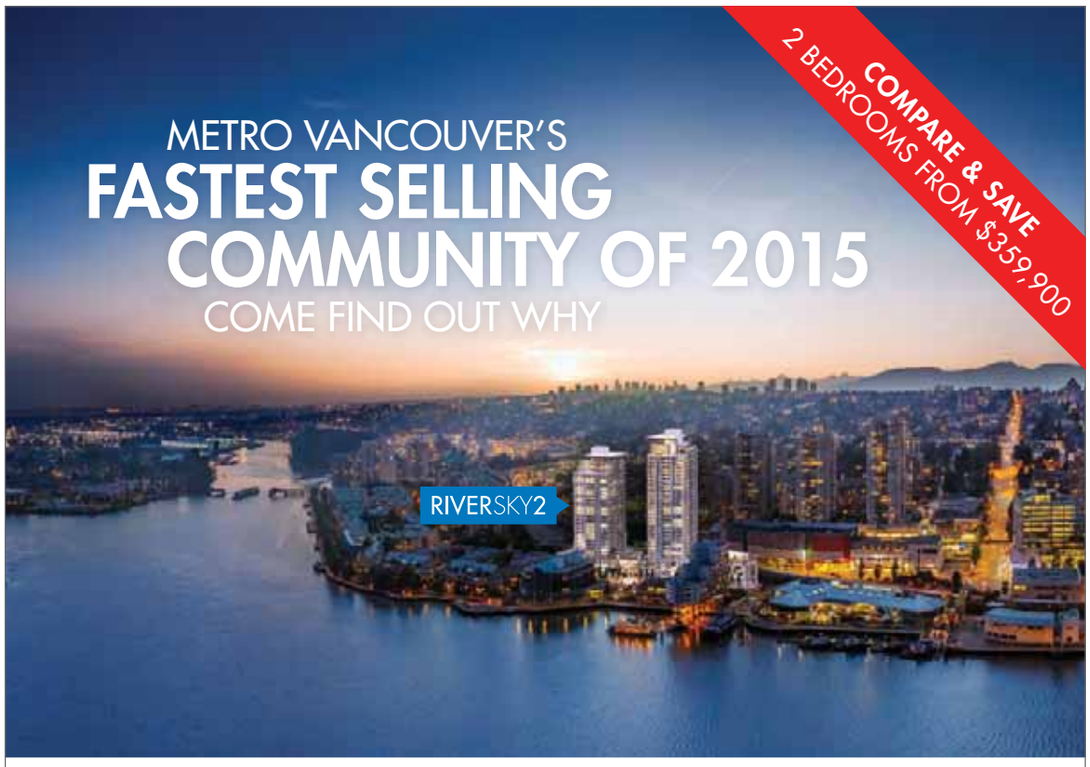

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2 Yacht Club Rug
Welcome your sailor out of the shower with a reminder of summer fun on the water. $19, Simons.ca

3 Bruce Brown Films Endless Summer 50th Anniversary Edition Poster
Celebrate with on-trend colours from the beach. $40, UrbanOutfitters.com

4 ESPRIT Ocean Breeze Bedding
Soft washed metallic blues overlap to emulate the ocean wash. From $40, TheBay.com

5 Hand Woven Silky Aurora Pink Wool/Silk Kilim
Watch the colours of the summer sun as it sets underfoot. 6'x9', $384, ECarpetGallery.com

6 Stratford Wicker Butler Tray
From a serving tray on the balcony to a towel stand in the bath this butler works year round. $130, BedBathAndBeyond.ca

metro SPORTS
Your essential daily news

HBO says it has struck a multi-year, multi-platform deal with former Grantland boss Bill Simmons

Murray-Lawrence has eyes for the 'big play'

LIONS

Rookie sits second in CFL with 230 kickoff return yards

Cam Tucker
Metro | Vancouver

Shaquille Murray-Lawrence knows the telltale signs of when a long kick return is about to be called back on a penalty.

Such was the case when the B.C. Lions rookie returner sped away from the Ottawa Redblacks in his CFL debut, showing off the tremendous speed he possesses and running the ball into the end zone only to have his triumphant moment suddenly cut short because of a penalty flag against the Leos on the play.

"When I turned around, I kind of see people not celebrating as much and I was like, 'Oh man,'" he said. "You just move on to the next play."

So, Murray-Lawrence didn't go for the touchdown. But in one 12-second dash up the field, eluding every Ottawa player on the field, he showed to Leos fans that speed and an ability to make defenders miss in order to get into the open field.

The Lions selected the five-foot-eight, 193-pound Murray-Lawrence, a running back out of the University of Nevada, Las Vegas, in the third round of this year's CFL Draft.

"Just the look in his eyes when it came time to compete, you could tell he was ready to go and anxious to get after it," said head coach Jeff Tedford earlier this month.

"He was really excited to go and he hits it. He's goes and he's got good vision and he's got good speed."

Having re-shaped their return game during the off-season, with the release of Tim Brown and his signing in Calgary, the Lions laud Murray-Lawrence for his big-play capability, as GM Wally Buono called it.

> **"I've been known for that home run-hitting ability.**
> Shaquille Murray-Lawrence

Born in Toronto, Murray-Lawrence is so far second in the CFL in total kickoff return yards with 230, only eight yards behind Brown. Both players each have 10 kickoff returns.

Just last weekend against the Saskatchewan Roughriders, Murray-Lawrence rumbled for his longest return of his young CFL career, which was 66 yards to set up a touchdown on the next play.

"Pretty much growing up, I've been known for that home run-hitting ability, so I pride myself on that," said Murray-Lawrence.

"Look for the big play."

The Lions' Shaquille Murray-Lawrence bursts through a seam against the Roughriders on July 10 at BC Place Stadium. DARRYL DYCK/THE CANADIAN PRESS

GOLD CUP

Reggae Boyz stun U.S. in semis

The United States had everything on its side. History. A raucous home crowd. And, supposedly, the better team.

None of it prevented Jamaica from handing the Americans their biggest upset defeat.

The Reggae Boyz stunned the U.S. with a pair of first-half goals, one off a blunder by goalkeeper Brad Guzan, and held on for a 2-1 victory in the CONCACAF Gold Cup semifinals Wednesday night.

Darren Mattocks GETTY IMAGES

Instead of heading on to an expected berth in Sunday's title game at Philadelphia, the Americans will play a day earlier for third place following their first home loss to a Caribbean nation since a 1969 defeat to Haiti.

"Obviously the team is disappointed. The fans are disappointed," U.S. coach Jurgen Klinsmann said. "We wanted to play in the big final Sunday."

Darren Mattocks, who plays for the Vancouver Whitecaps in Major League Soccer, put Jamaica ahead with a 31st-minute header directly off a throw-in. Houston Dynamo's Giles Barnes followed five minutes later with a goal on an 18-yard free kick after Guzan was caught outside the penalty area on a routine throw. THE ASSOCIATED PRESS

Canadians pitcher Jonathan Harris surrendered two runs in 2-1/3 innings on Wednesday. CAM TUCKER/METRO

BASEBALL

Canadians continue hot streak at The Nat

Two weeks ago, the Vancouver Canadians couldn't win a game, mired in what turned into a nine-game losing streak. That was then, this is now.

The Canadians have now won seven of their last eight games, as they started the back half of an eight-game homestand with a 4-2 victory over the visiting Eugene Emeralds before a crowd of 5,523 fans at Nat Bailey Stadium on Wednesday.

The win moves Vancouver's record to 15-19. The C's have four more games in the first half of the season, but sit at the bottom of the Northwest League North Division. The top teams in each division at the end of the first half of the season qualify for the playoffs.

ON WEDNESDAY

CANADIANS	EMERALDS
4	2

The C's are one game away from being eliminated from winning the first half of the season, however, they could still qualify for the post-season in the second half.

Toronto Blue Jays 2015 first-round pick Jonathan Harris got the start for the Canadians. He was taken out of the game after recording the first out in the third inning, after allowing two runs on two hits.

His only blemish was a two-run home run to Eugene first baseman Matt Rose in the second inning, as the Emeralds took a 2-1 lead.

The Canadians reclaimed the lead in the third inning, rallying for two runs courtesy a bases-loaded walk and a wild pitch.

The Canadians continue their homestand with a visit from the Tri-City Dust Devils, beginning Thursday. CAM TUCKER/METRO

De Grasse golden in 100-metre final

PAN AM 2015

Markham, Ont. track star wins sprint in 10.05

Canadian sprint phenom Andre De Grasse capped another big day for Canada's track and field team with a victory in the men's 100 metres Wednesday at the Pan American Games.

The 20-year-old from Markham, Ont. crossed in 10.05 seconds, narrowly beating Ramon Gittens of Barbados, who finished in 10.07.

"Somehow, I just managed to pull off the win," De Grasse said. "I had no pressure, my family and friends told me that no matter what happens, they are still proud of me. It has been a long season, and to do this, it is a wonderful feeling right now."

Earlier in the night, Canada's Melissa Bishop won gold in the women's 800 metres. The 26-year-old from Eganville, Ont., ran to victory in one minute 59.62 seconds.

Toronto's Sarah Wells added a silver in the women's 400 hurdles.

Canada has 13 medals in athletics through two full days of competition and leads all countries with seven gold.

Also Wednesday, Canadian decathlete Damian Warner put himself on pace to break Michael Smith's Canadian record that has stood for 19 years. The 25-year-old from London, Ont., takes a personal best score of 4,460 into Thursday.

Damian Warner GETTY IMAGES FILE

Whitney McClintock THE CANADIAN PRESS

The world championship bronze medallist opened with personal bests of 10.28 seconds in the 100 metres and 7.68 metres in the long jump.

He threw 14.36 in the shot put, the event that derailed his performance in May at the prestigious Hypo Meeting when he faulted on all three of his throws.

He then cleared 1.97 metres in the high jump — his best is 2.07 — and capped the night by winning the 400 metres in 47.66 seconds.

Earlier, Whitney McClintock won the women's water-skiing competition, Rusty Malinoski of Humboldt, Sask., took the men's wakeboarding title and Hugo Houle finished first in the men's road cycling individual time trial. THE CANADIAN PRESS

Markham, Ont.'s Andre De Grasse, who won the 100 metres Wednesday night, has one of Canada's seven gold medals in track and field. FRANK GUNN/THE CANADIAN PRESS

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TORONTO

Mayor won't rule out Olympic bid

The mayor of Toronto says the city now has sports facilities to host international competitions that could previously only be held in Vancouver, leaving the door open for a possible future Olympic bid.

The city is currently hosting the Pan Am Games, which wrap up Sunday, and Mayor John Tory said Wednesday that the event has put Toronto on the global map for athletic events.

"There's a whole variety of international events and sporting competitions that we're now in a position to host, which I think is good for Toronto, good for Ontario and good for Canada, and the Olympics is one of those, obviously, about which there's a great discussion," Tory said.

The mayor said he won't discuss a potential bid for the Olympic Games until after the Pan Am and Parapan Am Games are over. The Parapan Am Games end in mid-August.

Afterward, he said, officials will "sit down and talk about these things together as we will and decide what's best in terms of what we go forward with, whether it's an Olympic bid or a host of other things one could go forward with."

John Tory TORSTAR NEWS SERVICE

"I guess everything's on the table until you take it off the table," Tory said.

Cities looking to host the 2024 Summer Olympics have until Sept. 15 to submit a letter of application to the International Olympic Committee. THE CANADIAN PRESS

IN BRIEF

N.Y. Red Bulls 'B' team upset Chelsea

A New York Red Bulls team made up of mostly developmental third-division players scored four second-half goals and stunned Chelsea 4-2 on Wednesday night in the English Premier League champion's first game on its U.S. preseason exhibition tour.

Sean Davis scored twice and Franklin Castellanos had a goal and an assist to help the team with only four players who have any minutes in MLS this season upset the 2012 European champion and five-time English league winner. THE ASSOCIATED PRESS

Grand slam helps lift Tigers past floundering Mariners

Nick Castellanos hit a grand slam off the brick facade in left-centre field, part of an eight-run third inning for the Detroit Tigers in their 9-4 victory over the Seattle Mariners on Wednesday night.

Anibal Sanchez (10-7) won his seventh straight decision, and Ian Kinsler had four hits for the Tigers, who rebounded from an ugly 11-9 loss the previous night.

Nelson Cruz homered twice for Seattle. Mike Montgomery (4-4) allowed six earned runs and six hits in 2-2/3 innings. THE ASSOCIATED PRESS

RECIPE Peach and Dried Cranberry Crisp Skillet

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 25 minutes
Serves: 12

Ingredients
- 7 ripe peaches (skin on), cut into 1/2 slices
- 1/3 cup granulated sugar
- 1/3 cup brown sugar
- 1⁄3 cup dried cranberries
- 2 Tbsp cornstarch
- 1 1/2 tsp cinnamon, divided
- 2 Tbsp lemon juice
- 3/4 cup all-purpose flour
- 2/3 cup brown sugar
- 3/4 cup large rolled oats
- 1/3 cup chopped toasted almonds
- 1/3 cup vegetable oil
- 2 Tbsp water

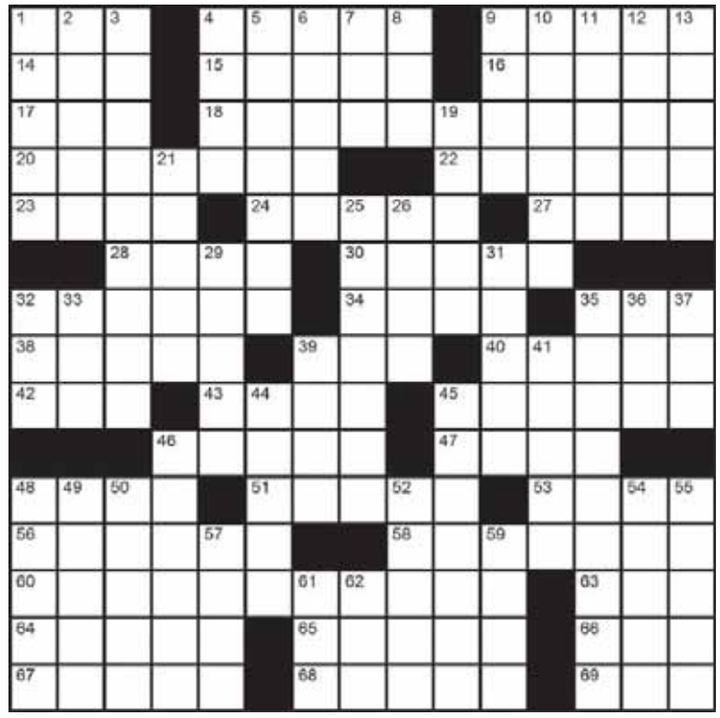
Directions
1. Preheat the oven to 375 F. Lightly coat a 10-inch oven-proof skillet with cooking spray.
2. In a bowl, stir together peaches, granulated sugar, 1/3 cup brown sugar, dried cranberries, cornstarch, 1 tsp cinnamon and lemon juice. Place in the skillet.
3. In another bowl, stir together the flour, 2/3 cup brown sugar, oats, almonds, oil, water and remaining cinnamon and mix until the mixture is crumbly. Sprinkle over the peaches.
4. Place the pan in the centre of the oven and bake for 25 to 30 minutes until the crisp is golden and peaches are just tender.

Nutrition per serving
- Calories 246
- Carbohydrates 42.5 g
- Fibre 2.6 g
- Total fat 8.2 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Owns
4. Ms. Fisher, and others
9. Capital of Ghana
14. Noah's boat
15. Ruffle, as an '80s hairstyle
16. Rock drill
17. 1982's version for Rocky
18. July 23rd to July 26th, 2015: Nanaimo Marine Festival and World Championship __ __ (Splish! Splash!)
20. Engine-of-a-car part: 2 wds.
22. Human
23. 'A' in AD
24. "__ __ Love": 1959 hit for Phil Phillips with The Twilights
27. Fails to be
28. Cartoon bear
30. Investigate
32. New
34. Catherine __ (Henry VIII's sixth/last wife)
35. Mr. McLean's of the Backstreet Boys
38. Egypt's capital
39. __ Antonio, Texas
40. Arctic abode
42. Web connector, briefly
43. Banned orchard spray
45. Condescends
46. Entrap
47. Consequently
48. Drift through the air
51. Rice dish
53. Ms. Jasper, Aboriginal singer/songwriter from Chilliwack, British Columbia
56. Shoelace tips
58. Ornamental music/architecture style
60. Hotel guest's request: 2 wds.
63. 'Press' suffix
64. Movie category
65. Helped
66. Lithium-__ battery
67. Ancient companion for Dionysus
68. Shortages
69. US intelligence org.

DOWN
1. Seaport of Israel
2. 'Parliament' suffix
3. Swim sans swimsuit
4. "Let __ __" by The Beatles
5. Contains the food container's freshness: 2 wds.
6. Coffee order
7. Volcanic residue
8. Arrange
9. Superior at a French monastery
10. British 'Street' soap opera, to fans
11. Unrefined
12. Military mission, e.g.
13. "__ you the clever one!"
19. __ __ the challenge (Ready to take things on)
21. Unimpressed audience member, perhaps
25. Clothing
26. Port city of Algeria
29. 'Punny' joke reaction
31. Nova Scotia island in the area of the Gulf of Maine and Bay of Fundy
32. Nero's 1101
33. '_' __ in Ottawa
35. Provincial park in Ontario since 1893
36. Comedian Mr. Stewart
37. Help!
39. Draped dress
41. Topo __, puppet on "The Ed Sullivan Show"
44. Expire
45. Vandalized, in a way
46. Like the 'handle' of a bouquet
48. Hospital sections
49. Ancient marketplace
50. Parade route display
52. __ by the rules
54. Overseas moneys
55. Suffering wife in Edith Wharton's 1911 novel Ethan Frome
57. Bygone sovereign
59. Some Smarties
61. Sprinted
62. Try

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The sun enters the sympathetic sign of Leo today, marking the start of one of the busiest and most enjoyable times of the year. Make every minute count.

Taurus April 21 - May 21
You feel out of touch with what is going on around you. Others seem to be enthralled by events that mean nothing to you. Go your own way and do your own thing — you will be better off for it.

Gemini May 22 - June 21
You will find it difficult to keep your nose out of other people's business today. The sun's change of signs brings to the fore the inquisitive side of your nature.

Cancer June 22 - July 23
Money matters will be of even more importance than usual for the next few weeks. The planets indicate there is a lot at stake financially, so do whatever it takes to maximize profits and minimize your losses.

Leo July 24 - Aug. 23
The sun and Mercury move into your birth sign today, making this the ideal time to begin something new. You have done lots of thinking and soul searching in recent weeks. Now you can apply what you have learnt about yourself.

Virgo Aug. 24 - Sept. 23
You have got to stop taking each and every thing that happens personally. The world is for you, not against you.

Libra Sept. 24 - Oct. 23
Some people have been rather critical of you in recent weeks but over the next few days you will be able to show that you were right and they were wrong.

Scorpio Oct. 24 - Nov. 22
You may say that you don't care for status and recognition but with the sun and Mercury moving into the career area of your chart today it will be thrust upon you. You make a better leader than most.

Sagittarius Nov. 23 - Dec. 21
Something that meant nothing to you in the past now means everything to you. Some may think you have taken leave of your senses but most likely you've found them at last.

Capricorn Dec. 22 - Jan. 20
Today you will find yourself thinking more deeply about who you are and what you should be doing with your life. The answers you reach may surprise you.

Aquarius Jan. 21 - Feb. 19
If you want to succeed, you must co-operate. Stop looking for ways to one up your rivals. Look for ways you can help each other instead. There is safety in numbers, and profit too.

Pisces
Feb. 20 - March 20
At least one of your habits needs to be looked at and, if negative, transformed into something more positive. At work, try to unchain yourself from the same old routines.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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Your Home. Your Style.

Expert PICKS

Find Competitive Pricing and Unbeatable Selection *Every Day!*

BOSCH

Stainless Steel Tall Tub Dishwasher with 4 Wash Cycles, Pocket Handle and Sanitize Option

M#: SHE33T55UC

- Cutlery basket
- Adjustable upper rack
- Stainless steel interior
- 15 place setting capacity

PROMO PRICED $849.98 MSRP $1100

$100 Less for White and Black

SAMSUNG

30" Stainless Steel Induction-Top, Convection Oven Range with Hidden Bake Element and Touch Controls

M#: NE599N1PBSR

- 5.9 cu. ft. oven capacity
- Steam & Self-cleaning oven
- Hot surface indicator light

PROMO PRICED $1799.98 MSRP $2500

Plus - a FREE Induction Cookware Set through mail-in offer! (Valued at $300)

LG

33" Stainless Steel French Door Refrigerator with LED Lighting

M#: LFC24786ST

- 23.9 cu. ft. capacity
- Humidity controlled crisper
- Tempered glass shelves
- Adjustable door bins

PROMO PRICED $1699.98 MSRP $2300

Let Us Help!

Come in and meet one of our **expert sales staff,** they'll help you find the right appliances to fit **your home, lifestyle, and budget.**

NAPOLEON

Stainless Steel Freestanding Propane Gas Grill with 815 sq. in. Cooking Surface and 74,000 Total BTUs

M#: LEX485RSIBPSS

Add $50 for Natural Gas Model

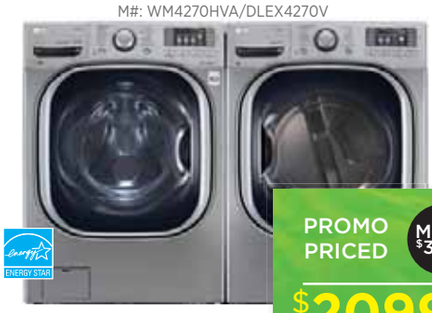
PROMO PRICED $899.98 MSRP $1000

AFTER $50 INSTANT REBATE!

LG

Grey Front-Load Steam Washer and Steam Dryer with 5.2 cu. ft. Washer Capacity and 14 Wash Cycles

M#: WM4270HVA/DLEX4270V



PROMO PRICED $2099.96 MSRP $3100

Open During Mall Construction

8 locations throughout BC | See more offers online at **www.trailappliances.com**

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